

June - July
2006
E-Newsletter

Editor
Sandy Johnson
441-5300

In this issue

More MH Staff Photos	2
Hospitality Center Picnic Photos	3-5
Birthdays and Length of Service	6-7
Who's Who, Who's New	8
Wellness Fact Sheet	9

NORFOLK COMMUNITY SERVICES BOARD

Norfolk CSB Insider

Mental Health Awareness Month

Photos from the Mental Health Services Staff Appreciation Picnic





More photos from the Mental Health Staff Picnic

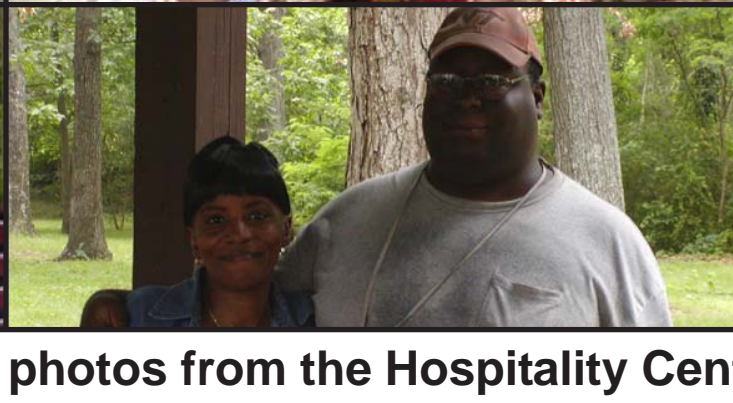
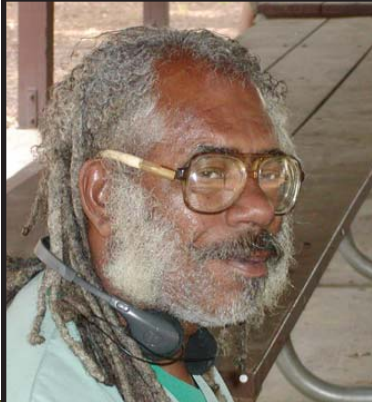




Photos from the Hospitality Center Picnic







More photos from the Hospitality Center Picnic



Length of Service

Congratulations to the following staff members who will celebrate the anniversary of their employment with Norfolk CSB in July and August:

July

Twenty-Two Years

Sandi Lee

Twenty Years

Debbie Pope

Nineteen Years

Marcellus Moore

Sixteen Years

Angela Bell
Georgia Haynes

Fourteen Years

Dr. James Reif

Thirteen Years

Dana Lusher

Eleven Years

Aileen Smith
Karen Stone

Ten Years

Michael Bulls
George Callender

Seven Years

Tom Rapcavage

Six Years

Judy Scott

Five Years

Dr. Bill Forte
Anitra Herod
Michelle Webb

Four Years

Sherrie Bonner
Cheryl Davidson
Greg Port

One Year

Brandon Harris
Renee Jackson
Meredith Jones
Erica Parker-Jackson
Justin Simpson

August

Nineteen Years

Michele Alexander
Marla Newby
Edith Payne

Eighteen Years

Felita Davis
Joycelyn Jones

Seventeen Years

Randy Plante

Thirteen Years

Vanessa Claytor

Twelve Years

Leslie Culbertson

Eleven Years

Sondre' Fleming

Ten Years

Sheila Banks

Seven Years

Gloria Polite

Six Years

Raymond McEvoy
Diane Szabo

Five Years

Jennifer Aguado
Carolyn Brown
Al Henry
Zenobia Lewis-Marrow

Four Years

Suzanne Davis

Three Years

Katina Alexander
Steve Burke
Kim Milbourne
Eleanor Simpson
Aaron Tran

Two Years

Debra Hopkins

One Year

Stephanie Gore
Kelly Greenberg
Holly Martz
Glenda Sharp
Joanne Skinner

Another Great Web Site

The South Carolina Department of Mental Health sponsors a website, www.state.sc.us/dmh/clinical.htm, whose purpose is to make finding "clinically relevant information as easy as possible."

The website is a directory which provides links to information that may be useful to "frontline mental health professionals, psychiatry residents, graduate students, mental health clients and family members."

Each link lists a brief description and the various strengths and weaknesses of the site.

Topics include:

- Get the Facts on Mental Illness
- General Clinical Information
- Evidence-Based Practices
- Clinical Practice Guidelines
- Child and Adolescent Mental Health
- Diagnostic and Assessments
- Specific Psychiatric Disorders
- Medications
- Treatment Techniques
- Dual Disorders
- Alcohol and Drug Dependency
- Self Assessments

—Kat Cannady, Coordinator
Hospitality Center

Update

Congratulations two staff members whose names were not included in the May anniversary of employment list:

Two Years

Ellie Maryan

One Year

Terri Wood

Birthdays at the Board

When you see these staff members who celebrate their birthdays in July and August, wish them a Happy Birthday:

July

Suzanne Davis (1)
Lisa Gonzales (1)
Paul Fergeson (2)
Renee Jackson (2)
Elizabeth Maryan (2)
Brandon Harris (3)
Jennifer Aguado (5)
Kami Jones (5)
Kent Heintzelman (9)
Bob Horne (9)
Diana Benson (12)
Queen Bellamy (14)
Tina Stevens (15)
Brendan Ash (17)
T'Sha Buycks (18)
Camillie Smith (18)
Faye Reed (20)
Eleanor Simpson (20)
Robyn Nagy (22)
Falasha Spruiell (23)
Michele Alexander (24)
Valerie Joyner (24)
Elizabeth Myers (24)
Dr. Bill Forte (25)
Jacquelyn Cousins (26)
Frederick Peterson (26)
Dawn Morgan (27)
Michael Clark (28)
Marty Phillips (29)
Regina Hobbs (30)

August

Leslie Lopes (1)
Verneta Ruffin (1)
Meg Honan (4)
Barbara Rivera (5)
Jackie Schaede (5)
Patti Gresham (6)
Diana Foster (7)
Valerie Herron (11)
Brenda Dutton-Smith (12)
Schaiquana Pinkney (12)
Joycelyn Jones (14)
George Callender (15)
Lisa Wright (15)
Carolyn Beasley (16)
Pamela Holloway (16)
Jacqueline Robinson (17)
Shenell Cooper (18)
Nell Holley (20)
Penny Witcher (22)
Sandy Johnson (23)
Ivor Purchas (23)
Katina Alexander (25)
Nathaniel Alexander (27)
Tina Salley (28)
Barbara Carter (29)
Jacqueline Baker (31)
Alberta Fennell (31)

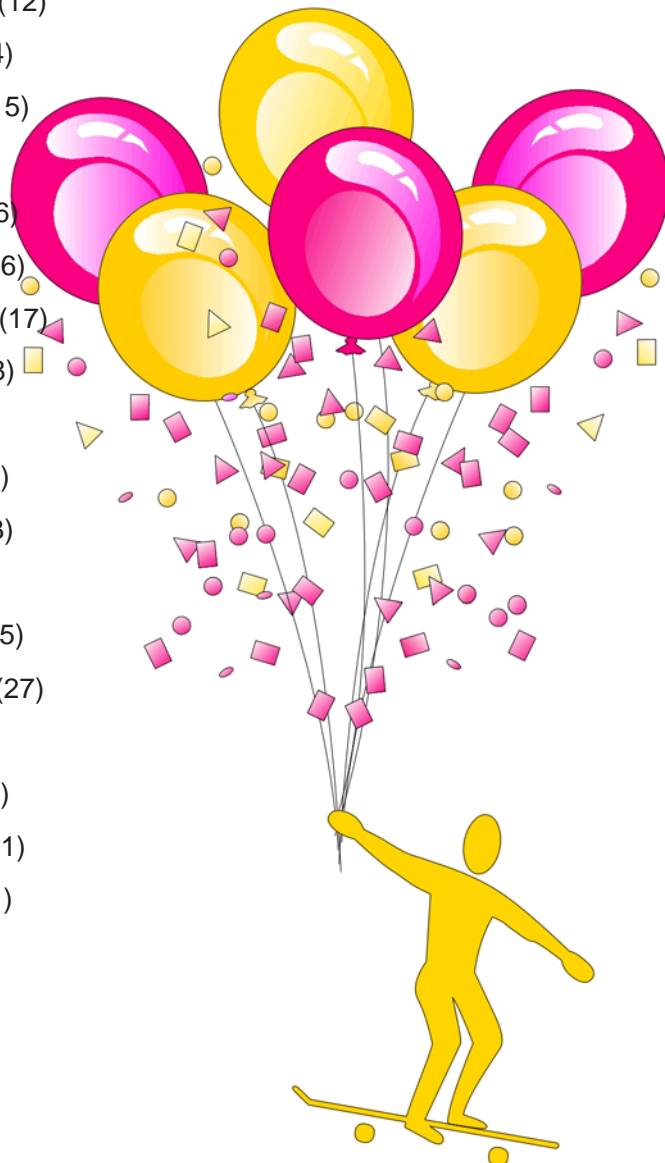
City of Norfolk Training

On Wednesday, June 14, 2006—defying the inclement weather—three Norfolk CSB staff members completed the City of Norfolk training “Dealing with Difficult Behaviors” and received Certificates of Completion. They are:

Stephanie Gore

Brandi Whitman

Joanne Skinner



Norfolk CSB Welcomes New Employees

Cynthia Barrington

**Counselor III
SA-Day Treatment**

Mary Russell

**Medical Services Technician
MSD-PACT**

Verna Gordon

**Data Processing Assistant II
MR-Admin**

Georgia Ebron

**Counselor I, CPT
MH-Residential**

Robert Jones

**Medical Services Technician
MSD-PACT**

Keisha Wilson

**Human Services Aide, CPT
MH-MHRS**

Mary Sorrell

**Human Services Aide, CPT
MH-MHRS**

Announces Promotions

Danielle Hill

**Administrative Assistant I
MRFD-MR**

Farina Brown

**Case Manager III
MH-PACT**

Amy Felton

**Case Manager III
SA-Case Management**

Yvonne Lewis

**Counselor III
SA-Drug Court**

Announces Transfers

Michael Clark

**Case Manager II
SA-HIV**

Judith Fowler

**Mental Health Professional
MH-PACT**

Robyn Nagy

**Case Manager II
MH-Case Management**

Mental Health Services

Staff Picnic

**Thank you,
Michael Johnstone,
Krista Engerman,
Ellie Maryan
and all the other
photographers for
providing picnic
pictures for our
e-newsletter!**



Hospitality

Center

Picnic

**Thank you,
Dana Lusher,
for sending in
the picnic pictures
so we could
see all the fun
you had!**

Feeling Stressed?

Here are 20 Tips to Help You Relax

- Get up 15 minutes earlier
- Avoid tight fitting clothes
- Make duplicate keys
- Hum a jingle
- Stop a bad habit
- Smile
- Practice preventive maintenance
- Feed the birds
- Avoid negative people
- Un-clutter your life
- Be prepared for rain
- Take a bubble bath
- Say something nice to someone
- Walk in the rain
- Schedule time to play everyday
- Develop a sense of humor
- Look at problems as challenges
- Look at the stars
- Do it today
- Stand up & stretch
- Do everything in moderation



Benefits Of An ACTIVE Life

When we are feeling completely overwhelmed and stressed out, we often feel that the last thing we have time for is exercise. But did you know that spending just 30 minutes a day engaged in physical activity will quickly have you feeling more stamina and less tension. Here are some additional benefits of exercise:

- Control weight gain
- Help you sleep better
- Help you think and work better
- Improve digestion
- Improve bone density
- Improve blood sugar levels
- Lower blood pressure
- Reduce your risk of diabetes, stroke, and some cancers
- Boost your self confidence
- Boost your spirits

Source: WELCOA



Find The Calm

Learn to relax through meditation. Leave the noise behind for 10-15 minutes every day. Here's how to get started:

- Pick a place and time free of distraction.
- Sit on a comfortable chair or cushion with your spine erect.
- Close your eyes and quietly take slow, deep breaths.
- Focus on your breathing or a peaceful image. Each time your mind wanders gently bring it back.

The practice of meditation is an effective remedy for anxiety and depression. It may also help with high blood pressure, irritable bowel, and other ailments.

Source: www.personalbest.com